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Castroville

+ Dr Hutchinson Jun^r -

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V Dr Cleghorn tells us with the inhabitants of Minorca, ^{old people often enjoy better aged} ~~healthy with long protracted continuance.~~ ~~the case is the same with many old people.~~

* An aged citizen of Shetland [Joshua] told me he once saw a man from New Jersey who had but 3 stools in a year & 9 months, & that he saw a Carpenter of a Ship at Antigua who in a voyage of 8 weeks had no evacuation from his bowels. A Sea Captain ~~had but~~ had no stool in a voyage from this city to Lisbon. In these cases the excrements are supposed to be absorbed by the lactals, but not to mix ^{the} with the Chyle or blood, but to pass out of the system like absorbed pus, & bone, by other excretories. ~~It is~~ that they sometimes pass out by the pores, is rendered probable from ~~the~~ persons who are ^{do not} discharge their faces in the natural way, emitting a perspiration & sweats which have a fecal smell. ~~Dr Cleghorn says. Continuance is general in~~ ^{no pain from them after long continuance}

minors, & that many people enjoy good health, with but one or two stools a week.

✓ The effects of Constipation are often of a serious nature. ~~Engaged~~ many diseases are induced by it, not only ⁱⁿ of the viscera which adjoin the bowels, but ~~in~~ in the brain. ~~I have~~ It acts in two ways not only by distention & pressure in the bowels, but by the violent efforts that are necessary to discharge the feces after they have become indurated from long confinement, & the absorption of their thinner parts. I have mentioned ^{two cases of} apoplexy, and one of Consumption induced by those efforts. Head aches - hemorrhoids - fistula in Ano - & erysipelas are often induced by them. I now attend a Gent. 1808 Tab: 10 in an inguinal cyst but on by this cause alone.

3
chiefly upon women. I have heard of death
being induced by costiveness in a young lady in
South Carolina who lodged in a house in
which the common sitting ^{room} (which was generally
occupied by gentlemen) had a window that
looked in a direction with a privy. She ~~preferred~~
~~the pain for her~~ ~~than~~ she died a martyr
to female delicacy.

Negligence. This operates chiefly upon men
of intense study, and great application ^{to business}, who
either do not feel, or who refuse to obey the
impulse which calls them to discharge the
contents of their bowels. Condylomata

Sailing. ~~John~~ This is nearly universal.

I have heard of a Captain who went to Lisbon
& ~~without~~ ~~lost~~ ^{Drugs that promote} ~~undue~~
^{perspiration.}
of certain obstructing matters, as hardened feces,
a fish bone, a nail, tow, & Condylomata from
piles. 10 Riding on horseback. V
The Remedies for it are

1 Early rising, & exposing the body to the cool air,
also thin dress by which means perspiration is
thrown on the Bowels. ✓

✓ They are to sit for up to an hour on the
penny, and to make occasional efforts to
discharge the contents of the bowels. These ^{efforts}
succeed the better, ~~being~~ when they are not
of a violent nature. Thus gentle purges act,
where drastic purges have no effect.

+ It has this advantage over all
other laxative medicines, - the longer
it is taken, the less quantity will
operate. ^{It cures, as well as relieves.} This is owing to its invigorating
tone to the bowels, while it quickens
their actions. Rhubarb is the basis of
warm purging Elixirs. It is ^{infused} ~~Rhubarb~~
in old wine with some aromatic substance
- as added to it to make it sit easy upon
the stomach. Gouty persons should
always use this ^{purge} ~~medication~~ in preference
to any other. One Spoonful or two - are a
dose. - ~~brisk~~ ^{brisk} ~~medication~~ ^{useful}.

2 visiting a ⁴privy every morning at a certain
hour. Mr. Locke, Dissections under this head
are well attending to. Every obstacle to delicate
women should be removed by ^asheltered, or
private access, a circumstance this which
should always be attended to in building a
house, ^{in winter.} by using a closet in a warm room, the
negative action of the air of a cold privy upon the
stomach and prevents a stool. ^{of Indian}

3 By using a close stool in a warm room or
house. ^{the} ~~negative~~ action of the air of a cold privy upon the
rectum often checks and prevents a stool.

corn bread, or mush, or what is much better - a bread made of equal parts of wheat and Indian meal - also of Roasted Apples are

and Indian meal & ~~and of~~
a mild purge to ⁴³ many people, & a very agreeable
article in diet. ⁵ As the faces stagnate in in the larger
and lower bowels, such medicines should be given as act
chiefly upon them. These are
~~such as~~ such as fresh

and lower bowels chiefly. upon many
~~of~~ ^{the} Catarrhs of the bladder, such as Vesicae
~~of~~ ^{the} mixed in equal proportions, ingurgitation
~~of~~ ^{the} Spleen, or the Hemorrhoids of the Vagina.
 pruritus - or Dysuria Electuary.
 - ~~Chewing~~ Rhubarb is excellent for this
 taken in wine or

~~poison~~ - or ^{positive} Eucalypti Electuary.
- ~~poison~~ Rhubarb is excellent for this
purpose. It may be ^{taken in wine or} chewed, or only put into
the mouth & washed down with cold water. +

also of the Butter root pill shd never be
used as alteratives ~~for~~ or Chronic laxatives.

The one disposes to the piles, the other to dis-
= ease of the brain. I object likewise to all =

~~5 By using a close float in a bottom room~~

the common ^{laxative} pills that are sold in the
shops. They ~~lessen~~ ^{irritate} a greater range of
the bowels than is necessary barely to open ^{them},
& thus bring healthy ^{parts} into sympathy with
them. ~~It is~~ ^{the} ~~also~~ ^{also} ~~for~~ ^{for} ~~the~~ ^{the} ~~large~~ ^{large}
~~parts~~ ^{of the bowels}, and of course those ~~medicines~~

V The bowels are in a ~~healthy state~~ ^{a natural state only}
when the ~~three~~ ^{four} following circumstances
occur, ~~in the~~ 1. One stool a day, & in the
morning. 2 No wind preceding it, 3
the stool neither liquid, nor very solid,
of a bilious color, and a fecal smell.
"bene olivata - bene colorata." & 4 not
cut into fragments. It shows irritation
on some one of the bowels.

~~It is only when should be selected which operate~~
~~on the bowels.~~ Glycerine made of ~~any~~ ^{any} ~~gentle~~
~~stimulating ingredients~~ ^{or} ~~or~~ ^{or} ~~or~~ ^{or}
of simple water are ~~very~~ ^{very} useful in
discharging the contents of the lower bowels.



5 By using a close stool in a warm room
in cold weather. The sedative action of the
cold by contracting the Rectum often checks
a stool. ~~Tonic as Pul. Cherry B. &c to break~~
~~6 By removing all the obstructions~~
~~obstructions - especially those which~~

8 If ~~indurated~~ ^{the} ~~glands~~ obstruct the Rectum
that they cannot be discharged by the remedies that
they should be removed by a scoop contrived
have been mentioned obstruct the return
for that purpose. - If other matters they
should be removed by the fingers, or a
scoop. If Condylomata, they should be
extirpated by a ligature, but never with
a knife, or Scissors - go to p. 7th 9.

10 As Costiveness often depends upon a top^{os} of
of the bowels they should be excited in the
Intervals of taking opening medicines by
Bark - Shell - ^{oil of amber} and other tonics. Garlic -
Onions & mustard ^{& horseradish} have been found very
useful for this purpose. V go to p. 7 10

Under this head I shall mention

~~That~~ ~~in order to~~ ~~be~~ ~~able~~ ~~to~~ ~~induce~~ ~~their~~
if wished for effect, it is ^{often} only necessary for
~~them~~ ^{often} to dissolve the feces - but where there
is a torpor of the bowels the activity of the
Glysters may be increased by ~~means~~ adding
a little Salt to the water, or by injecting so
much simple water as that it shall act
by ~~the~~ distending & thus gently stimulating
the bowels. While purges of all kinds act
upon the whole intestinal Canal, and thus
often derange the offices of the Stomach & Liver,
Glysters act only upon a small portion of
them; and that portion the least disposed to
be injured by them. They only aid its na-
-tural office.

7  Suppositories often supply the place of
~~and~~ laxative medicines & Glysters in remo-
-ving Costiveness. They may be made of Wax,
Soap, or Alum according to the degree of
Stimulus the ~~part~~ termination of the Rectum
may require.  ~~then~~ ~~pass~~ ~~back~~ ~~to~~
to 5 = 1

A very distressing ~~symptom~~ bowel disease,
 and that is Flatulency - or a constant in-
 -clination to "break wind" to use a common
 expression. It ~~occurs~~ is often so troublesome
 as to ~~compel~~ compel persons to leave com-
 -pany, and sometimes to prevent their
 going into company. It ^{sometimes} ~~often~~ accompanies
 Costiveness, but I have met with it in
 regular bowels - It occurs chiefly in gentle
 & hysterical habits. Its Remedies - are
 solid Diet - well cooked, - toasted bread. ~~Raw~~
 - Ginger-tea - Horseradish - mustard - and
 Linet: ^{oil of amber} Apafetida. - If accompanied
 with Costiveness - ~~besides~~ the Remedies for
 it should be combined with the above
 medicines.

7

= 9 ~~Do~~ Standing with bare feet upon a cold marble slab, or putting the feet for a few minutes into cold water has in some instances imparted action to the bowels, & thus gently opened ^{them}. The effect of this remedy depends upon the sympathy between the soles of the feet and the bowels. ~~Cold feet~~ ~~afford~~ This is evident from cold feet so often inducing the colic.

10 & Where there is reason to believe Costiveness arising from a languor in the liver in scurvy, or pouring forth bile, rubbing the right side for a few minutes with a dry hand every evening has been found useful.

90 ^{return to p 8. 11}
O all the ~~causes~~ ^{causes} of Costiveness should be carefully avoided - ~~see~~ particularly red Wines - Cheese - and in some people milk.

^{2. 13.}
return to p: 5 - ~~optimum~~ ~~20~~ ~~25~~